



# WINTER RECREATION *Essentials*

## BEFORE YOU GO



**Always check weather** snow conditions and avalanche forecast prior your trip. Plan accordingly. Website: [NWAC.US](http://NWAC.US)

**Check road conditions** with the local U.S. Forest Service office. Be prepared for winter driving. Most forest roads are not maintained in the winter.



**GPS systems should not be relied on to provide the safest routes.** A GPS system can easily lead you to a route that is impassable due to snow. Bring a paper map, know how to read it and how to locate your position.



**Tell someone** where you're going and when you'll return. Check in when you get back.

**Pack water and high-energy foods** such as nuts, dried fruits and raisins. Pack more than you think you'll need.



**Dress in layers** of warm, waterproof clothing. Bring extra – hat, mittens, heavy socks, gloves, and extra outer clothing.

**Have a PLAN B** in case parking area is full, which happens often. Do not park illegally outside of designated spots. This blocks access for emergency vehicles and snowplows and is hazardous to others.

## ONCE YOU'RE THERE



**Maintain situational awareness**, follow your map, and know where you are at all times. **Stay on safe routes** and avoid

steep or dangerous terrain. **Pay attention to weather conditions** and be prepared to leave quickly if conditions change or worsen.

**Be respectful of others and share the trail.** When



snowshoeing or hiking, avoid walking in ski tracks. Snowmobiles should operate at minimum speed near skiers or snowshoers.



**Leave no trace.** Pack out what you carry in, including all trash, leftover food, and litter.

**Be sure to hydrate and eat** high-energy foods and snacks frequently throughout the day.



# WINTER DRIVING ESSENTIALS



cell phone  
charger



flashlight  
and flares



full tank of  
gas



extra water  
& food



extra clothes, boots,  
gloves, hat  
blankets or sleeping  
bag



first aid  
kit



snow tires  
or chains &  
jumper  
cables



ice scraper/  
snow brush  
& shovel



## LAYERING BASICS

1

### Base Layer

wicks sweat off your skin:  
thermal underwear top and  
bottom, avoid cotton clothing

2

### Middle Layer

retains body heat to protect you  
from the cold: fleece, sweater,  
hoodie, down jacket

3

### Outer Layer

shields you from wind  
and rain: waterproof,  
breathable shell



4

### Protect Your Extremities

cover your head and hands: wear a  
hat that covers your ears, and  
waterproof gloves or mittens

5

### Suitable Footwear

wear warm socks (wool or  
synthetic) and waterproof boots  
with good tread to prevent falls

6

### Accessorize

wear sunglasses and  
apply sunscreen to  
exposed skin.